

### **Abstract**

To provide a thawing method wherein a frozen commodity can be thawed, in a short time, from the inside with no unevenness.

5        The thawing method, which thaws a frozen commodity by high frequency heating, includes: a first high frequency heating step in which the frozen commodity is high frequency heated to the vicinity of a melting temperature; a temperature detection step which measures the temperature of the frozen commodity during the first high frequency heating step and detects that the measured temperature has reached the melting

10      temperature; a steam supplying step which starts a steam supply when the melting temperature is detected in the temperature detection step, thus forming a film of dew condensation on the surface of the frozen commodity; and a second high frequency heating step in which the frozen commodity is high frequency heated after the start of the steam supplying step.

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